



News Release

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Utah Schools Bring Home Certificates *Gold Medal and Power-Up schools shape students' lives, health*

(Salt Lake City, UT) – Across Utah, 137 elementary schools received Gold Medal School (GMS) recognition and four junior high/middle schools received Power-Up recognition during the 2009-2010 school year. The schools were awarded Bronze, Silver, Gold, Platinum, and Platinum Focus certificates and awards for their participation in the program.

A total of 374 private, charter, and public schools have signed on as Gold Medal and Power-Up schools and are committed to creating a healthier generation by making policy and environmental changes that inspire students, teachers, faculty, staff, and the community to include more physical activity, healthier nutrition, and live a tobacco-free life.

“Now active in 95% of Utah school districts, more than 76,000 students attend schools that have achieved a new GMS level this year,” said Sarah Rigby, GMS Coordinator. “Each school receives a monetary incentive from the Utah Department of Health to use for physical activity, nutrition, or tobacco prevention resources,” Rigby added.

“What defines these schools as a GMS is their health policies,” said Rigby. “While each school is unique in the way it implements the program, policies include allowing students to get 90-150 minutes of physical activity per week, giving non-food rewards in the classroom, and offering healthier food choices,” Rigby added.

GMS Power-Up for junior high and middle schools is now in its third year. The goal of the program is to teach students to “Eat Smart, Move Smart, and Be Smart.” While promoting all the health efforts of GMS, it also encourages students to get involved in the process.

To find out which schools in your area are participating in GMS or GMS Power-Up, visit www.hearthighway.org/gms or www.hearthighway.org/gms/powerup

For more information about Gold Medal Schools or GMS Power-Up, contact Sarah Rigby, Utah Department of Health, GMS Coordinator at (801) 538-9454 or srigby@utah.gov.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.